



MIND + BODY

Youth Wellness Program

An immersive summer adventure in Toledo centered around six themed activities that promote physical and mental well-being. From nature exploration to artistry, physical activity to education, and sustainability, this program offers a diverse range of experiences.

Program Schedule

Fridays from 2:30–3:30 p.m.

June 9 **NATURE**

Jamie Farr Park, 2140 Summit St.

A nature themed scavenger hunt, find unique objects in city parks.

June 16 **DANCE**

Navarre Park, 907 White St.

Learn new dance moves to different genres and practice across the park!

June 23 **LITERATURE**

Wilson Park, 3251 Otto Rd.

Walk the park and read a story book. Chapters are displayed on yard signs for easy reading and walking.

June 30 **EDUCATION**

Ottawa Park, 2200 Kenwood Blvd.

Run warm-up drills with University of Toledo Athletes. Learn what its like to be a student athlete.

July 7 **SUSTAINABILITY**

Savage Splash Pad, 645 Vance St.

Show love and appreciation for our parks by participating in a park cleanup.

July 14 **ART**

Willys Park, 1375 Hillcrest Ave.

Everyone is an artist with chalk! Create a masterpiece on the sidewalk, afterward, walk the sidewalk gallery and see others artwork.

What to Expect

Participants will engage with the natural world, embarking on outdoor adventures like scavenger hunts to foster an appreciation for the environment. Through hands-on art workshops and collaborative projects, creativity and self-expression will flourish. Physical activities, team-building exercises, and exciting games will keep participants active and boost self-confidence.

Led by a dedicated team of mentors and instructors, the Mind + Body program creates a safe and inclusive environment, fostering friendships, teamwork skills, and a sense of community. Join us for a summer filled with growth, lasting memories, and a strong foundation for a healthier and brighter future.

Get Involved

This program is designed exclusively for kids from 5th grade to 12th grade. Unlock your full potential while having the time of your life. Space is limited, use the QR code below to reserve a spot.



o toledo.oh.gov/mind-body

Proud partners:

